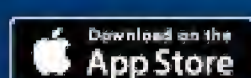


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CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day



When Canadians are asked to name the **3 DEADLIEST CANCERS**, 76% mention **lung cancer**, 63% say **breast cancer** and 38% **prostate cancer**.

IN FACT:

Colorectal cancer is the **2ND DEADLIEST**, after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.

IN FACT:
MORE THAN

90% OF CASES CAN BE CURED IF DETECTED EARLY.

30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.

IN FACT: **SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.**

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: **COLORECTAL CANCER ACCOUNTS FOR 13% OF ALL CANCERS**, almost the same incidence as lung cancer (14%) and of breast cancer (12%).

65% of Canadians don't know they should start **REGULAR SCREENINGS** for colorectal cancer **AT AGE 50**.

IN FACT: **MORE THAN 90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS**

50 OR OLDER

THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER, with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1 Lifestyle (38%) **2** Heredity (30%) **3** Age (24%)

IN FACT: **LIFESTYLE AND AGE ARE THE MAIN FACTORS.** Heredity only accounts for between 10% and 20% of cases.

WHAT YOU CAN DO TO LOWER YOUR RISK OF COLORECTAL CANCER



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ROSEMARY WESTWOOD

*'It's as if, on social media, kids
grow up without any parents'*

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SAFE INJECTION?

Edmonton group looks for supervised
injection sites hoping to save lives

metroNEWS

Defiance over new LGBT policy

EDUCATION

**Board argues
minister said
the guidelines
are voluntary**

Ryan Tumilty and
Jeremy Simes
Metro

With a deadline looming for school boards to submit policies to protect LGBT students, one southern Alberta board is ignoring provincial guidelines, arguing the minister gave them the OK.

Minister David Eggen provided guidelines earlier this year and gave school boards until March 31 to help them create inclusive policies, but the Westwind school board has become the latest to pass a policy that seems to ignore the

government's suggestions.

A post on the Westwind school division's website from board chair Ron Fromm said he had spoken with Eggen after concerns arose from local parents.

Fromm's post said Eggen told him the guidelines were not mandatory. "He reiterated that the (guidelines) were intended to be a resource for boards, but if they are not helping then don't use them in your policies," reads the post.

Fromm also wrote the minister told him the government does not intend to interfere with parental or religious rights.

Eggen's press secretary Larissa Liepins said Fromm's post is largely accurate, but the minister did not suggest boards discard the guidelines.

"The guidelines were actually developed in response to the boards' request for them, as a tool to help," she said.

Fromm was not available, but West-

wind's superintendent Ken Sommerfeldt said Eggen has made it clear the guidelines aren't legally binding.

"We do not have to comply to that document — it's a document, not legislation," Sommerfeldt said. "We're really interested in what's best for all kids, rather than trying to define it in terms of specific groups, whatever group that might be."

Unlike Eggen's guidelines, Westwind's policy doesn't specifically outline how the school will address safe access to washrooms and change-rooms, and dress codes based on gender expression.

Liepins provided a statement from Eggen indicating what he expects from their new policies.

"The boards are required to respect their obligations under the law, and that includes the School Act, the Canadian Human Rights Act, the Charter of Rights and Freedoms and the Alberta Human Rights Act," said the minister.

2016'S FEDERAL BUDGET

'What will Tuesday's budget say about Trudeau's Liberals?'

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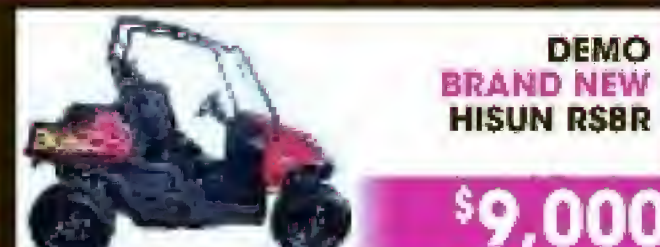
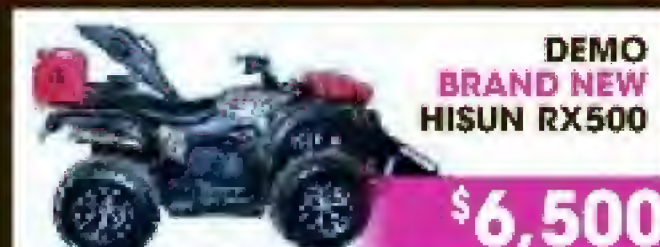
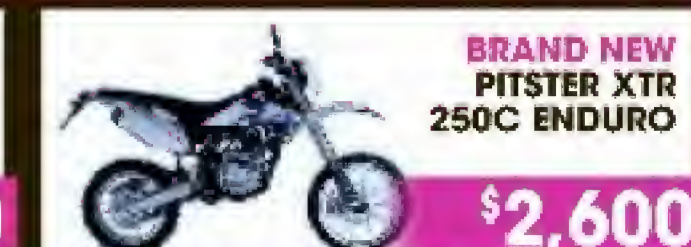
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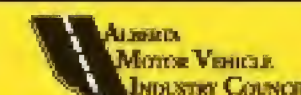
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Rename Eskimos: Obed

SPORTS

President of Inuit Tapiriit Kanatami met with team



Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

When Metro asked then what actions would be taken, the team told us that was a question for the future.

In January, the team invited Obed to Edmonton to talk it out. Metro finally got both sides on the phone to talk about the meeting.

How did the meeting go?

Obed: The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position on the name changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue that we may have started is one that I'm grateful that they were open to ... but until the name is changed, there really isn't much more to talk about.

Were you disappointed in the



Natan Obed, president of the Inuit Tapiriit Kanatami, called on the Edmonton Eskimos to change their name last year. CONTRIBUTED

meeting?

I think that it is too strong a word. I recognize that it is an issue that needs to be brought up with the ownership group and their relations, with respect to marketing and the fans, so I'm not discounting any of that. It seems as though the City of Edmonton and the Edmonton

franchise both want to do what is right, and both were largely oblivious to any negative connotation to the name itself.

Your position is somewhat controversial, even within the Inuit community.

What I've said and will continue to say is that there are Inuit that are offended by it

and we should live now where we try to ensure that we are providing a safe environment. I don't ever want to be called that term.... I played sports — I grew up playing hockey, and I've been called a "dirty Eskimo" and a "n—." I've been called all sorts of names, and I know just how deeply those things hurt

and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.



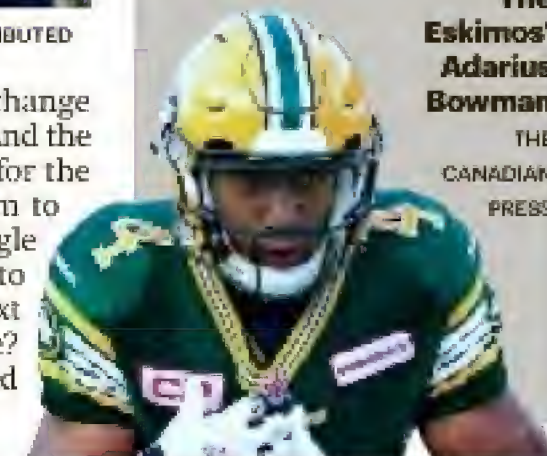
The team didn't give any sort of assurances that the name would change, and I said that was an issue that I would continue to talk about.

Natan Obed

+ RESPONSE

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says, "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."

The Eskimos' Adarius Bowman
THE CANADIAN PRESS



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EDMONTON'S WEEKLY
LOOKAHEAD

Forecasting the week's daily headlines

Here's a quick look at what will be making the news over the next seven days.

Monday

Making more room for Rex will be on council's agenda Monday as councillors look at the city's plans for more off-leash dog parks. Noting that the population of dogs in the city is growing the strategy recommends more parks, but also suggests some could be decommissioned.

Tuesday

After a month of campaigning the byelection in Calgary Greenway will come to an end with a vote on Tuesday. The Liberals, Progressive Conservatives, Wildrose and the NDP all have candidates in the race, while the Alberta Party decided not to introduce a candidate.

The winner will take the place of former Progressive Conservative MLA Manmeet Bhullar who was killed in a highway collision.

The federal budget will also be introduced on Tuesday and it's expected to make a major investment in infrastructure.

Wednesday

Is the Metro line close to being back on track? We will find out Wednesday when councillors get an update on the project. The line has been running at half-speed since last year over signalling issues that prevent the trains from going any faster.

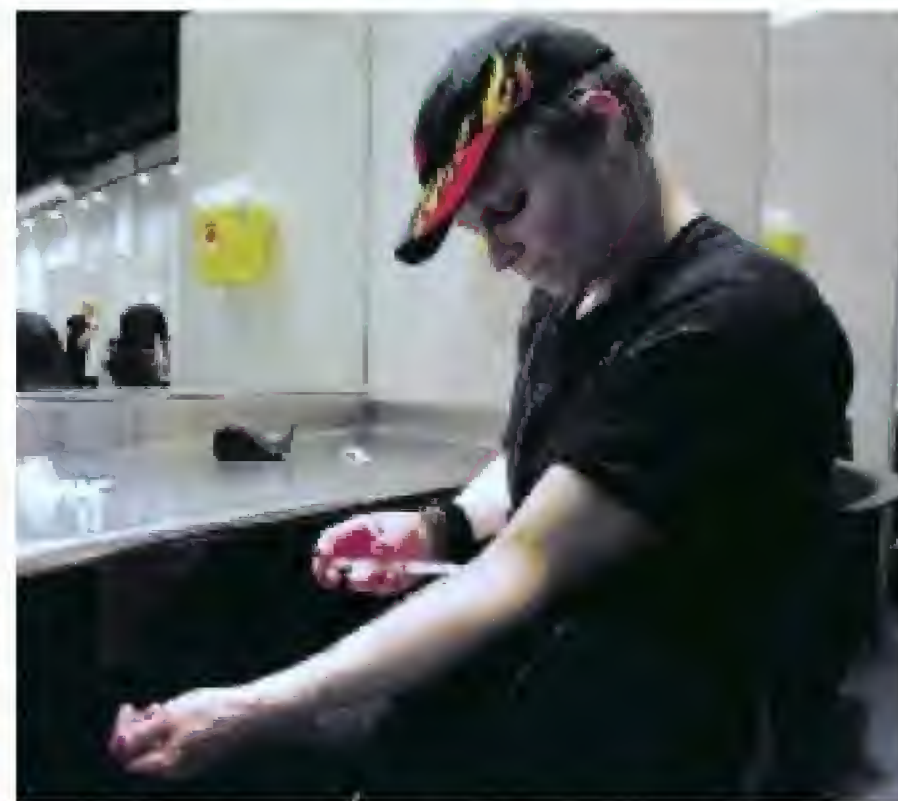
Thursday

Ward 1 councillor Andrew Knack will host a community conversation at the Boys & Girls West Club/Big Brothers Big Sisters building at 16030 104 Ave. from 6 to 9 p.m.

Friday

A long weekend begins with most businesses having a day off for Good Friday. Metro will not be publishing on this day.

METRO



Nicole Henry injects morphine he bought on the street at the Insite safe injection clinic in Vancouver. An Edmonton group wants to bring a similar service to the city, but use existing harm reduction efforts rather than a purpose-built site.

DARRYL DYCK/THE CANADIAN PRESS

Group calls for safe sites

PUBLIC HEALTH

Supervised drug injections limit overdoses, says researcher



A local group is looking to bring supervised drug injection sites to Edmonton to prevent overdoses and curb the spread of disease.

The group, Access to Medically Supervised Injection Services Edmonton (AMSISE), is hoping to create a site in Edmonton.

Unlike Insite in Vancouver, AMSISE wants to partner with an existing agency rather than set up a new site.

Elaine Hyshka, a researcher in the School of Public Health at the University of Alberta and a member of the group, said she studied 320 users last year and found 80 per cent indicated they had injected drugs in a public place. She also found through surveys that 26 per cent of them had shared needles.

Hyshka said while the city has a needle exchange program they are not open around the clock.

"One of the main barriers that they reported that was

at the root of that sharing, was not being able to access sterile supplies," she said.

She said a supervised injection site would could significantly reduce overdoses and prevent other medical problems.

"It would provide a sterile and safe environment where people could access other services and receive medical attention from nurses."

She said it could also help people get long-term help dealing with their addictions.

"This service provides a conduit to treatment and other long-term health care solutions."

Opening a supervised injection site requires an exemption from the federal government. Hyshka said the group has more work to do to refine their proposal and then seeking a permit could take several months as well.

Coun. Scott McKeen said he believes Edmontonians aren't going to push back hard against the idea.

"I signalled in a few places that I am supportive and so far I haven't received any negative comments."

McKeen said most people understand addiction is a health-care issue and he believes the approval of sites in individual neighbourhoods doesn't have to be a public issue.

"I don't know why anyone would need to know."

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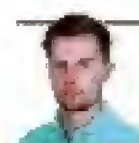
Registered midwives Christy LeBlanc and Cassie Evans will soon be out of work.

JEREMY SIMES / FOR METRO

Midwives forced to close practices

HEALTH CARE

Services that helped rural and vulnerable women to shut



Jeremy Simes
For Metro | Calgary

If Cassie Evans knew her midwifery practice would be going under, she wouldn't have taken Alberta Health Services' (AHS) directive to open it in the first place.

After months of negotiating with the Alberta Association of Midwives (AAM), AHS has divvied out the number of courses of care each practice can provide, snubbing some midwifery practices that help vulnerable and rural Albertans.

It's a move that will see a handful of experienced midwives lose their jobs, prompting them

to find work out of province or country — the number of courses offered hardly meet what's required to stay open, Evans said.

Evans, who's been practicing midwifery for seven years, said her Calgary-based practice — Honeycomb Midwives — primarily focuses on low-income teenage moms. The practice will likely close in August, and the Red Midwives in Bridgeland will also close.

In fact, she said AHS solicited midwives to open new practices that address needs of the province's most vulnerable and rural populations, via AHS' workforce midwifery planning document.

But — due to how AHS decided to allocate funds for this fiscal year — midwives who opened new practices lost their seniority in the system, meaning established practices got appropriate funds plus some, Evans said.

It gets worse, she added. Those older practices can now hire foreigners or midwife grads to fill new openings, leaving experi-

enced midwives who expanded the profession out of work.

"Everyone who followed the plan (to expand) got cut, which is weird," she said.

"My husband is out of work at the moment, so my only option is to move. I can't feed my family or pay my mortgage, and I'm going to struggle for another 2-1/2 years to pay my lease payment"

It's not about getting more funding, according to Jennifer Thomson, whose practice in St. Albert will close in the fall. Evans agreed.

Thomson said a new funding model — where midwives would be under the same umbrella as family doctors — would give women more choice, keep midwives employed and save the health-care system money.

But she isn't optimistic.

"Every time anyone questions the Health Minister (Sarah Hoffman) on it, she just comes out with a response to appease every one but does nothing," she said. "We've been hung out to dry."

LAW ENFORCEMENT

Man arrested in library porn case



Alex Boyd
Metro | Edmonton

A 42-year-old man has been arrested after allegedly browsing child porn on a computer at an Edmonton library.

ALEKT's Internet Child Exploitation team arrested Daniel Kelbert on March 10 at his home in north Edmonton.

Kelbert was allegedly viewing child porn on one of the

computers at the Woodcroft branch on Feb. 19 when he was confronted by one of the library's staff.

Staff called police but Kelbert fled before police arrived.

"EPS is committed to providing barrier-free access to computers and computer training to all Edmontonians," Pilar Martinez, CEO of Edmonton Public Library, said in a release.

"However, we do not support or condone the use of resour-

ces for illegal activity and work closely with law enforcement to eliminate this behaviour."

Kelbert has been charged with possessing and accessing child pornography. He was also wanted on warrant for a previous parole violation. Kelbert remained in custody and is awaiting a court appearance for the charges.

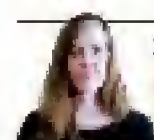
ALEKT is made up of members of law enforcement departments from across the province.

EDMONTON HEROES Ordinary people doing extraordinary things!

On the frontier of female film

CAREERS

Hard-fought rise in industry lets filmmaker uplift others



Samantha Power
For Metro | Edmonton

Horror, female filmmakers and Edmonton — three things many wouldn't link.

Lindsey McNeill is working to change that. Evidence shows it's working: McNeill was recently selected to represent Canada at the Cannes Film Festival.

For that and many other reasons, McNeill's an Edmonton Hero.

McNeill clearly likes to do it all, but it's her desire for collaboration that sparked a move from writing and acting to directing and producing.

That, and unemployment.

"When I lost my job in the 2008 downturn, I had time to put scripts together. That was the first turning point," McNeill says.

A few years later, she realized she wanted to create whole projects for herself. Step 2 was realizing she wanted to work collaboratively.

"It's more exciting to be part of the process than just to sell a script," McNeill says.

Creating her own projects allowed her to craft stories by women and for women.

Equal pay and the severe lack of recognition for women behind the camera have been big topics lately. And McNeill felt these issues in Edmonton when she would show up to audition for stereotypical roles.

"I was tired of showing up to be heartbreakingly disappointed that my role is 'slut No. 2.' I didn't even get to be the first



Lindsey McNeill was recently selected to represent Canada at the Cannes Film Festival. CHAD STEEVES/FOR METRO

"I was tired of showing up to be ... disappointed that my role is 'slut No. 2.' I didn't even get to be the first one. Lindsey McNeill

one," McNeill says.

In 2008, McNeill's Truckstop Bloodsuckers landed on Bite TV. The ups and downs kept her working to create something that was truly hers — and to keep pushing in a male-dominated field to make her own way.

"Creativity doesn't have a glass ceiling, but the industry certainly does," McNeill says. "But it's changing."

She credits men in the industry for encouraging her to become the producer she wants to be: "I've been challenged by more men who help me recognize I've been the one playing small."

This work led her to Gillian's Just Right — the movie by which she's often defined — and a mentorship with Women in Film, awarded to only 10 other women in Canada.

Nominate your hero

Edmonton Heroes celebrates individuals who are building the city by bringing the right people together to make something bigger than

they could on their own.

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Last spring, she represented Canada at Cannes. And now McNeill is producing a web series, starring in another and working on another short film set to start filming next May.

The number of projects McNeill is involved with seem implausible in a city rarely recognized for its film work. But she says the city's scene is in transition and she's helping draw

attention to it. Her website Scream Queen B has become a forum for discussion on local film and profiles women in the industry.

McNeill dismisses talk that Edmonton has a small film scene. She lists off award-nominated productions that surround her at her day job at the Alberta Media Production Industries Association. What's needed, she says, is someone to bring it all together, like a film commissioner.

"We need an advocate."

If that's what Edmonton needs, the city is lucky to have McNeill.

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Search recovers Bhullar's effects

RCMP

Missing watch and eyeglasses found at crash site

The father of an Alberta politician who died following a highway crash last November says an RCMP search of the median has turned up his son's missing watch and eyeglasses.

But Baljinder Bhullar says some of his son's other personal effects including his kara — a bracelet worn by Sikhs — are still missing along with his cufflinks and shoes.

Manmeet Bhullar, 35, died on Nov. 23, 2015, when he pulled over on Highway 2 between Calgary and Edmonton to help a stranded motorist and was struck in a chain-reaction crash.

A special tactical operations

team of the RCMP temporarily shut one lane each of the busy four-lane divided highway near Blackfalds on Saturday to search for some of Bhullar's personal effects that have been missing since his death.

Police say the search was not related to the investigation into the crash that killed the Calgary member of the legislature.

Baljinder Bhullar says he feels blessed that the searchers were able to find some of the missing items.

"Thanks to God, thanks to the RCMP who have spent the time," Bhullar said Saturday from Calgary.

RCMP spokesperson Cpl. Sharon Franks couldn't say whether it was unusual in Alberta for police to assist in such a search, although she said having officers present would assist in the safety. She didn't know what sparked the search four months after the accident, but suggested

"Thanks to God, thanks to the RCMP who have spent the time."

Baljinder Bhullar

it might be due to the fact the crash occurred during a snowstorm and couldn't be easily searched at the time.

An RCMP news release says police consulted with Alberta Transportation in launching the search.

Franks said the search was concluded on Saturday afternoon and that an item or items had been located, but she said she didn't know what they were.

Bhullar served in three cabinet portfolios — Service Alberta, Human Services and Infrastructure — under the previous Conservative government.

THE CANADIAN PRESS



Manmeet Bhullar died on Nov. 23 last year after he pulled over to help a stranded motorist and was caught in a crash. METRO FILE

KEEP OFF THIN ICE

This time of year, a thin layer of ice covers the lakes and ponds in Edmonton. While it looks safe, it's not thick enough to support the weight of a person — not even a child.

Please obey all posted signs and play it safe when you're planning outdoor activities like skating and cross-country skiing.

For more information about ice safety, call 311.

CYBER ATTACK

River Cree Casino hacked, data stolen



Alex Boyd
Metro | Edmonton

A hotline for people worried their information may have been stolen from the River Cree Casino went active Friday morning.

On Monday the River Cree Resort and Casino discovered it had been the victim of a cyber attack that resulted in the theft of customer and employee information.

It's not yet known how many people are affected or what sort of customer information was taken, said Vik Mahajan, general manager and chief operating officer of the casino.

He said only the casino was affected, so people who visited just the hotel or restaurants don't need to worry.

In a release, Robert Morin,

president and CEO, said they're in the process of contacting those whose information was compromised.

He also said that cyber security company Mandiant is investigating, and the Alberta Gaming and Liquor Commission, RCMP and the Alberta Office of the information and Privacy Commissioner have been notified.

"We will continue to work with the relevant authorities," the release said.

"River Cree values the trust our patrons place in us and are strengthening our data security practices."

Mahajan said the problem was discovered when the casino's computer systems slowed down at the start of the week.

"It started with our systems going down and not working properly, and with the involvement of our IT people," he said.

He said they're confident the problem has been contained, so future visitors to the casino shouldn't be affected.

The River Cree Casino and Resort is a casino, hotel and sports complex located just west of Edmonton on the Enoch Cree Nation.

"It started with our systems going down and not working properly."

Vik Mahajan

FOOD BANK

CIBC donates \$250,000

Alberta Food Banks says it has received its largest-ever donation as the worst economic downturn in decades causes demand to soar.

The Canadian Imperial Bank of Commerce is contributing \$250,000 to the charity as food banks across the province struggle to keep pace with the need.

The organization says food bank usage has spiked since late 2014, when oil prices began their steep descent, eventually leading to tens of thousands of job losses.

It says 10 per cent of Alberta food banks ran out of food at one point last year — causing some to shrink the size of the hampers offered and others to even close temporarily.

This year is already setting records for increased demand and Alberta Food Banks says the strain may not ease until mid-to-late 2017. Executive director Stephanie Rigby says she hopes CIBC's donation causes other businesses to follow suit.

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Transit union wants LRT savings re-invested

INFRASTRUCTURE

Money could help with aging fleet and station repairs: Official

Tim Querengesser
Metro | Edmonton

The head of Edmonton's transit union is calling on taxpayers to reflect on the state of the city's transit system before demanding council shell out a tax break.

On Thursday, a bid to build and operate the Valley Line LRT came in some \$500 million under budget – mostly in the operating portion of the proposal – prompting almost immediate calls for the money to be refunded to taxpayers.

But if city council follows that route the large amount of money saved from the \$2.2-billion



The head of the city's transit union says instead of a small tax break, the city should re-invest money into other capital projects. METRO FILE

Valley Line contract would quickly become small for each individual household – indeed, the average home would re-

ceive just \$4.25 in 2017, and about \$40 the following year.

"That's their right to say that, but frankly, they're not

going to get much out of it," said Steve Bradshaw, president of the Amalgamated Transit Union, of the numerous calls

for the savings to be returned to taxpayers.

He said taxpayers should consider their personal gain versus a systemic benefit – this year, a tax break that buys "two cups of coffee" could fund needed work on a resource everyone in the city benefits from.

"It's capital money that was intended to flow into transit," Bradshaw said. "What we're saying is it was intended for transit and it should stay for transit."

Bradshaw points to four specific pain points for the system that \$500 million could help address: An aging bus fleet, buses without air conditioning, transit stations in bad need of repairs and upgrades and added protective barriers for drivers.

"This money was already budgeted. City council and by direction, the taxpayers of the city have [already] signed off that money to transit infrastructure," Bradshaw said.

+ ASSAULTS

Steven Bradshaw said the Amalgamated Transit Union in Edmonton "would like to see some action" when it comes to assaults on city bus drivers.

Bradshaw said the union sees a handful of reported assaults each month and that 80 per cent of them are linked to disputes over fares.

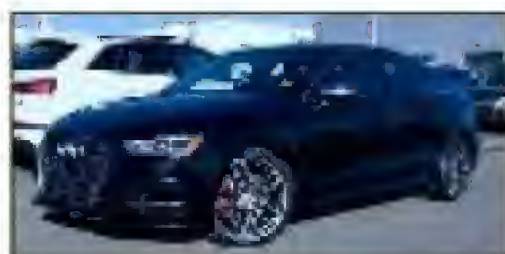
"It's crazy to expect an operator to police the fares and drive the bus," Bradshaw said.

Bradshaw said in January alone one operator was punched in the face when he asked a passenger to deposit his fare and another operator was groped by a passenger who then attempted to kiss her.

The solution, he said, is to look to cities like Las Vegas, where drivers have been provided clear acrylic barriers, sealing them off from passengers, and a system that automates fare collection.

Bradshaw said the recent savings realized through the Valley Line LRT coming in some \$500-million under budget could be used to retrofit the cab area of buses.

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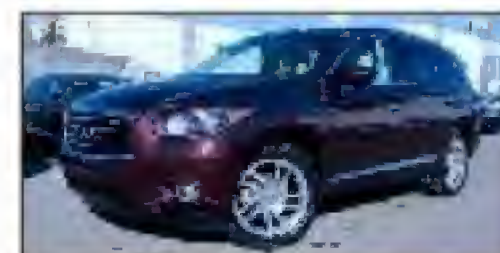


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Ahead of the budget, economy top of mind

POLITICS

Canadians are worried about financial security: Poll

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-



Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

third of respondents think the economy won't change.

And those economic jitters have most Canadians now fretting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own financial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Stu-

dents, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market. And Trudeau made himself the minister of youth, setting expectations high on the file. Young people will now be watching to see if those promises become a reality to help set them up for economic success, Arte said.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

The stakes are high come this Tuesday



Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), but what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of the suburban middle class.

They cut the GST by one percentage point as they began to chisel away at programs

and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually lead to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget. The Liberals campaigned on a promise to create 40,000 jobs for young Canadians each year for the next three years — including 5,000 youth green jobs. On Tuesday we'll see just what the plan is to deliver on that jobs promise.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa

ONTARIO

Family denied residency on account of son's Down syndrome

An Ontario university professor who has applied for permanent residency in Canada may face refusal because his son has Down syndrome.

Citizenship and Immigration Canada has told Felipe Montoya that his 13-year-old son Nicolas's condition makes him inadmissible to Canada because of the potential burden he would place on the health-care system.

"We consider it to be in contradiction to the charter for many reasons, and we think that it's based on outdated views of so-called disabilities and that it

needs to be looked at again and brought up-to-date," Montoya said, adding the case could impact families beyond his own.

Montoya moved to Canada from his native Costa Rica to take up a position at Toronto's York University, where he is a full-time tenured professor of environmental studies.

Three years ago, he filed an application for permanent residency for himself and his family.

Nicolas's Down syndrome was disclosed at the outset and confirmed by doctors in medical exams required for the appli-

cation process. Montoya said Nicolas, along with all the rest of the family, was found to be perfectly healthy, and he hoped the medical clearance would help finalize his application.

CIC said it couldn't comment on the specific case, but the letter said that Nicolas's disability might cause "excessive demand" on social services, estimating that special education supports for him would cost between \$20,000 and \$25,000 a year.

Montoya said CIC provided no explanation of how the estimate was reached, adding that

his son did not require special accommodations and joined a pre-existing community classroom in his local public school.

Cases like Montoya's are surprisingly common, according to Toronto immigration lawyer Henry Chang, but the family can dispute the finding.

They can file documents challenging CIC's calculations of Nicolas' financial needs or appeal on humanitarian grounds, Chang said, or present evidence they are willing and able to shoulder some of the costs themselves.

Montoya said the family is



Nico Montoya, a 13-year-old boy with Down syndrome, sits on the couch at his home with his mother Alejandra Garcia, centre, and his sister Tania. MARK BLINCH/THE CANADIAN PRESS

braced for a number of outcomes, including the possibility they

will have to return to Costa Rica. THE CANADIAN PRESS

IN BRIEF

Lights go out across the country for Earth Hour

Prime Minister Justin Trudeau was one of many Canadians who joined millions around the world Saturday night in turning off their lights for Earth Hour.

Government buildings and monuments across the country also went dim from 8:30 to 9:30 p.m. local time, including Toronto's CN tower, the cross on Montreal's Mount Royal and Edmonton's High Level bridge.

Canadians also

participated in a range of activities in cities across the country, which ranged from a stargazing event in Westmount, Que., to a low-light skate at Whistler, B.C.'s Olympic Plaza.

It was not immediately clear how many Canadians took part in this year's Earth Hour. Toronto Hydro tweeted Saturday night that the city's electricity use dipped by 3.2 per cent, which the utility said was the equivalent of taking 36,000 homes off the grid.

THE CANADIAN PRESS

VANCOUVER

Assisted dying part of the job to B.C. doctor

For 40 years, Dr. Ellen Wiebe has been fighting for choice.

At a time when providing abortions meant death threats and violent attacks on her peers, she spearheaded clinical trials of a pregnancy-termination pill. Now, as the country debates assisted death, she has performed what's thought to be the first legal procedure outside of Quebec.

"The choice over your reproduction is just crucial. The right to die is another thing I'm passionate about. We should all have the right to die at our own



(These issues are) just really important to me.

Dr. Ellen Wiebe

choice, and I will put in the effort and take the risks," she said in a recent interview in her bustling women's clinic in Vancouver.

On Feb. 29, Wiebe was by the side of a Calgary woman with ALS when she died. The woman, identified in court documents as Ms. S, won a legal exemption to receive assisted death, but she had to fly to Vancouver because

she couldn't find a local physician to help her.

It was a situation Wiebe foresaw last fall, when she learned that many palliative-care physicians were not planning to offer assisted dying. It struck her that although the law was set to change, there might not be doctors available to provide the procedure. "That's so much like

abortion, where you have a legal right to a medical procedure but you don't have access unless you've got providers," she said.

She said most family doctors are familiar with end-of-life care and wouldn't require much training. While some physicians have expressed reservations about how assisted dying squares up with their oath to do no harm, Wiebe sees no contradictions.

"My job is to help them have a good life and a good death by their standards, not by mine or anybody else's."

THE CANADIAN PRESS

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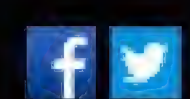
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'It is wonderful to be here'

Spotlight on **CUBA**

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America's former adversary.

"It is wonderful to be here," said the American president.

Obama's whirlwind trip is a crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by



First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit on Airforce One Sunday in Havana, Cuba. Obama is the first President in nearly 90 years to visit Cuba. JOE RAEDLE/GETTY IMAGES

first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their

families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

"This is a historic visit, and it's a historic opportunity to engage with the Cuban people,"

Obama said.

A highlight of Obama's visit comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The

TRAVEL

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb. THE ASSOCIATED PRESS

DIPLOMACY

Obama visit a first step



Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama's visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at Toronto's York University grew up in Cuba and remembers the atrocious effects of the U.S. trade embargo on ordinary people's lives.

"It was very bad in the 1960s," he said. "No one cared whether you had toothpaste or soap. Those basic things we take for granted were very hard to find."

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama's visit to serve as a step in the direction of normalizing relations between the two countries.

"This conflict has been there for over half a century. It's time for a change," he said.

On top of Cubans' wish list is the lifting of the economic blockade — which Obama has asked Congress to look into. There's also the need to close down the naval base at Guantanamo Bay.

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Volunteers help migrants and refugees on a dingy as they arrive at the shore of the northeastern Greek island of Lesbos after crossing the Aegean sea from Turkey on Sunday.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

GREECE

Hundreds of refugees arrive ahead of Turkey-EU immigration deal

Hundreds of mostly Syrian asylum-seekers continued to arrive in Greece by sea Sunday, despite the start of an international agreement to send migrants back to Turkey.

While the deal between the European Union and Turkey is officially in effect, the process for deporting migrants has yet to be worked out. Greek and Turkish officials are set to hold discussions Monday. And Greece is still awaiting the arrival of 2,300 European experts, including translators, to help carry out

the agreement.

In the meantime, the EU said any new arrivals in Greece from now on will be subject to possible deportation.

At least 875 new refugees — mostly Syrians, along with Iraqis and Afghans — landed on four of Greece's Aegean islands close to the Turkish coast between Saturday evening and daybreak Sunday. Two Syrian men were found dead of undetermined causes aboard a boat arriving on the island of Lesbos, and two girls were found drowned east

of Rhodes, officials said.

The EU-Turkey plan, agreed to on Friday, aims to halt smuggling by sending migrants who do not qualify for asylum back to Turkey. As part of the deal, European nations will then accept refugees directly from Turkey, starting April 4. The hope is to discourage asylum-seekers from trying to make the dangerous trip across the Aegean Sea on their own. Turkey is also required to step up efforts to crack down on illegal migration.

THE ASSOCIATED PRESS



Anti-Trump protester Bryan Sanders, centre left, is punched by a Trump supporter Saturday at a Tucson Arena rally.

MIKE CHRISTY/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

Trump talk heats up on immigrants

U.S. PRESIDENTIAL RACE

Protesters get testy at rallies in Arizona

Donald Trump's campaign in Arizona is centred on his hard line against illegal immigration, a stand that supporters embraced in a series of tense rallies ahead of Tuesday's presidential primary in the border state.

"Illegal immigration is gonna stop," Trump said Saturday night in Tucson. "It's dangerous," he said. "Terrible."

Both in Phoenix and Tucson, Trump was introduced by former Arizona Gov. Jan Brewer, who pushed tough immigration laws in office, and Joe Arpaio, the Maricopa County sheriff who made his name by chasing down people who are in the country illegally. The county includes Phoenix and nearly two-thirds of Arizona's population.

Protesters showed up at every event. In Phoenix, they blocked the main road into his outdoor rally for several hours before it started. In Tucson, they interrupted him and some

were tossed from the event.

Police said Sunday that about half a dozen people were arrested at the Arizona rallies, including two on misdemeanor charges of assault. It was not clear how many were protesters or Trump supporters.

Trump was campaigning in Arizona ahead of Tuesday's primary in which the winner will take all 58 delegates at stake.

Trump's main rivals, Texas Sen. Ted Cruz and Ohio Gov. John Kasich, are desperately trying to prevent the real estate mogul from accumulating the 1,237 delegates needed to secure the nomination at the party's national convention in July. They are hoping for a contested convention in which delegates would be free to turn from Trump if he fails to win a majority on the first ballot. Trump has won 678 delegates in contests held thus far, according to a count by The Associated Press. Cruz is in second place with 423 delegates, and Kasich is in third with 143.

His rivals hope to offset a likely Trump win in Arizona Tuesday with a strong showing in the Utah caucuses.

THE ASSOCIATED PRESS

SUICIDE ATTACK

ISIL-linked Istanbul bomber identified

Turkey's interior minister on Sunday identified the suicide bomber who killed four foreign tourists in Istanbul as a militant with links to the Islamic State of Iraq and the Levant (ISIL).

Efkan Ala said the bomber was Turkish citizen Mehmet Ozturk, born in 1992 in Gaziantep province, which borders Syria. He said Ozturk wasn't on any list of wanted suspects and five other people were detained as part of the investigation.

Saturday's explosion wounded dozens of others. Among the fatalities were two American-Israelis, another Israeli and an Iranian. The attack targeted Istanbul's pedestrian Istiklal Street, which is lined with shops and cafes in an area that also has government offices and foreign missions.

"The identity of the terrorist who carried out this reprehensible attack has been determined...The findings obtained show that the terrorist is linked

to the Daesh terror organization," the minister said, using an alternative acronym for ISIL.

Istanbul remained tense a day after the bombing, with Turkish authorities postponing a high-profile soccer match between two major teams, citing an unspecified threat.

The Istanbul governor's office said Sunday's Galatasaray-Fenerbahce derby was cancelled following "the assessment of serious intelligence."

THE ASSOCIATED PRESS

+ FEST MARRED

The attack came as Turkey had heightened security across the country in the run-up to the Kurdish spring festival of Newroz on March 21, which Kurds in Turkey traditionally use to assert their ethnic identity and demand greater rights.

THE ASSOCIATED PRESS

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IN BRIEF

Bird baffles roller-coaster

Roller-coaster riders at Happy Valley Amusement Park in Beijing were left hanging upside down for almost 20 minutes when a bird stood on a safety sensor. It took 18 minutes to bring the 26 riders to safety on Saturday.

THE ASSOCIATED PRESS

Trash-eating bears die earlier than counterparts

Colorado researchers say black bears that eat human foods from trash cans have higher reproductive rates than those eating naturally. The study also found bears that eat human food don't survive as long as those left to the wild.

THE ASSOCIATED PRESS

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Biometrics are quickly becoming a feasible alternative to cards, bar codes, PINs and passwords. AFP/GETTY IMAGES

Biometrics easing into private sector

TECHNOLOGY

But consumer reluctance still hindering wide adoption

Biometrics — measuring unique physical characteristics to verify identity — was once a form of cutting-edge technology found only in science-fiction and spy movies.

But the authentication techniques are now not only being integrated into our most-used devices, but are quickly becoming a feasible — and in some cases convenient — alternative to plastic cards, bar codes, PIN numbers and passwords.

Many private companies in sectors from banking to health care are embracing the technology as a personalized means of

reaching potential customers, as well as a way to offer safer, more secure interactions.

Retailers are interested in facial recognition software as they look for ways to target consumers when they walk into stores with products aimed specifically at them.

Companies would love to be able to use the technology to reduce shoppers to a unique consumer profile, but they can't move faster than people are comfortable with, said Andy Adler, a professor of systems and computer engineering at Carleton University.

Although the technology has made strides, widespread adoption is still hindered both by consumer reluctance and unreliability. Even if biometrics is more secure than a chip or PIN, using it is still in many cases an inconvenience. To employ biometrics, retailers would have to

purchase terminals and consumers would have to deal with the glitches and delays that come with cutting-edge technology.

Fingerprints, faces and iris scanning are still the most-developed forms of biometric identification, but even those systems have limitations and can be fooled. Fingerprinting is probably the most widely known type of biometric ID, but it is also one of the most easily copied or "spoofed."

Meanwhile, Adler believes voice recognition, gait measuring or ear-shape analysis are still too new to be trusted on their own.

"They're exciting, but we're not going to see uptake until they start working well," Adler said. "Things haven't changed as much as one might guess."

Wariness on the part of consumers about giving up identifying data to big corporations is one of the main hindrances to wider spread adoption, said Karl Martin, founder and chief technology officer at Nymi.

TORSTAR NEWS SERVICE



We're not going to see uptake until they start working well.

Andy Adler

+ WHO'S USING IT

Apple's Touch ID, which uses a fingerprint to unlock a user's iPhone, may be the best-known biometric system, but other companies are also dabbling in the space.

Ford is exploring a biometrics system that could let users open and start their car with their fingerprints, pulse or voice, rendering keys unnecessary.

Insurer Manulife recently launched a voice recognition system. Instead of a password, callers say "At Manulife, my voice is my password" and software determines if that matches the voice associated with an account.

MasterCard will launch "selfie pay" in Canada later this year, using facial recognition instead of a passcode or signature to make payments in stores. MasterCard is also testing heartbeat identification software from Toronto-based Nymi, which uses a wristband embedded with an electrocardiogram sensor.

LEGISLATION

MP tables bill after hackles raised over cat, dog fur imports



Jessica Smith Cross
Metro | Toronto

Is the coat you're wearing made from a cat? Before you scramble

to check the tag, know this: No one has to tell you if it is.

Toronto MP Nathaniel Erskine-Smith is out to change that. He has tabled a private member's bill that would ban the importation of cat and dog

fur and require labels that tell consumers what kind of fur is on their garments.

For years, animal rights activists have warned that dog and cat fur enters the Canadian fashion market from China

and is sold to unknowing customers.

"There are no statistics, as far as I can tell, because it really is an underground market," Erskine-Smith said. "It's not an illegal market, for the moment,

but it's not well publicized."

Most countries, including the U.S., instituted bans on cat and dog fur years ago. Canada, on the other hand, hasn't taken action despite previous legislation introduced by members of both the Liberal and NDP caucuses.

More than half — 60 per cent — of all fur garments that enter Canada come from China, a trade that's worth about \$12 million a year, according to Industry Canada. The use of dogs and cats in China's fur trade has been well documented by



It's not an illegal market ...

Nathaniel Erskine-Smith

journalists and activists.

In Canada, dog fur-lined jackets have turned up in police investigations of counterfeit goods. In Toronto alone, police seized a number of knock-off parkas with German shepherd-lined hoods in 2012 as part of a massive counterfeit crackdown.

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LOOKING FOR

the guy who gave this dog, **KARMA**, to this young lady in downtown Edmonton in fall 2002.

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metroview

ROSEMARY WESTWOOD

ON NANCY JO SALES'S **AMERICAN GIRLS**

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends.

But I never got this message: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, *American Girls: Social Media and the Secret Lives of Teenagers* should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen

19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media



NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. *STURTIAS/STOCK*

as the anti-cool, the anti-chill, among many teens. And that is chilling.

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "shut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A

and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some

cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the week-end to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.



Edmonton women: Stand up to harassers and don't shut up

URBAN PARADIS

Danielle Paradis



Feminist writer Laurie Penny once said a woman's opinion was the "short skirt" of the Internet. Having one and sharing it makes people think you're asking for verbal abuse.

After five years of sharing my opinions online, I'm acclimated to this. It's sickening, but not unexpected.

And so I was unsurprised to read the deluge of abuse against student journalist Kate McInnes, writing for *The Gateway* newspaper at the University of Alberta, criticized the 5 Days For the Homeless campaign run by some U of A students, arguing their hearts were in the right place, but the campaign made some students uncomfortable.

The comments in response ranged from mean-spirited to abuse, including one that, *Gateway* reports, said McInnes would "sound better with a d-ck in her mouth."

In an interview, McInnes said the same critique was made last year by a male *Gateway* writer. He received no backlash whatsoever.

But even with evidence to the contrary — according to U.K. think-tank Demos, female journalists are three times more likely to experience abuse than male journalists — some people still say online vitriol isn't targeted at women.

"I've yet to hear a male journalist or male politician told he would sound better with a d-ck in his mouth," says Cristina Stasia, a consultant on gender

in Edmonton.

Stasia believes criticism is fair game but veers into harassment when focused on the person and not what they say.

Looking at the list of comments McInnes posted on her Facebook wall, they're practically copy-paste versions of names I've been called by angry men over the years.

"This is about intimidation," said Kathleen Smith, one of the most vocal female commentators online in Edmonton. "It's about using sexual violence to silence women. It's misogynistic terrorism."

These attacks for having public opinions discourage women from leadership positions or public life. They're deliberate attempts to create fear and to silence. McInnes is determined not to be silenced.

"What I worry about is that other women will now be hesitant to raise their voices because of the threats they might receive," McInnes said.

For a long time, I had "Lady writer" on my Twitter profile as a nod to the men who stop by to denigrate me.

Often, they put "writer" in scare quotes — as if because they don't agree with what I've said, I'm not a writer at all.

There's always going to be a small contingent of people determined to lower the bar on decency. But if the vast majority of bystanders don't speak out, then we're doing nothing more than what society has always done: Telling women to sit down and shut up.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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Nora Ephron lives on in biopic

ALL IN THE FAMILY

Jacob Bernstein makes a film about his mom

Shinan Govani
Torstar News Service

Catching the new, lucent documentary on Nora Ephron, I was seized by a thought: what would have Nora, one of the quintessentials of New York City, made of the dramatic rise of Donald Trump, one of the cartoons of New York City?

Standard-bearers for a city famous for its insomnia, and ensconced in paths-crossing salons, surely she would have had some howls?

Alas, alas: here, now, a voice extinguished too soon, Ephron, who died four years ago — and was described at the time by the New York Times as a writer in the Dorothy Parker mould, "only smarter and funnier" — may have pulled a fast one on the zeitgeist, but she lives on, alright, in a very personal film made by son, Jacob Bernstein, and called *Everything Is Copy* (premiering on HBO, Monday.)

"I always wanted her to like me," remarks Steven Spielberg (one of the many who comprise

Ephron's one-or-two-degrees-of-separation) in the doc. It's a line echoed by consummate TV host, Charlie Rose, who muses, "You wanted her to like you."

"It's very powerful to be both loved and feared," is how Bernstein puts it today, reiterating a point that he makes in the movie that his mother was both "kind...and really generous...but also stern and unfailingly honest," leading to a combination "that made people seek out her approval."

Discussing his maiden film, after a screening at the Palm Springs Film Festival, the 37-year-old — sporting a beard worthy of a Russian tsar and speaking in dulcet tones — explains, "We don't have to overly-deify her for it to be a celebration of her."

A fully emulsified mixture of the wry and the beguiling, Ephron gets the fullest airing in *Everything Is Copy* (something of a family motto). There are the tracks she left in any number of mediums, including her first-person delights (*Wallflower at the Orgy*, *I Feel Bad About My Neck*), her plays (say, *Love, Loss, and What I Wore*, written with her sister, Delia), and, of course, her medley of films (everything from *Julia & Julia* to *Sleepless in Seattle* to *When Harry Met Sally*, the latter which not only gave us film's most famous fake-orgasm



American screenwriter and novelist Nora Ephron. CONTRIBUTED

scene, but has transcended rom-com-dom to serve as masterly study, right up there with *Annie Hall* and *The Apartment*). There is ample acknowledgement of her role as one of the greatest of dinner party-givers ("She had the most interesting collection of people," pipes in Barbara Walters), and her elbows-out days in the era of so-called New Journalism in the 1970s, during which she made hay with the likes of Tom Wolfe and Gay Talese.

To paint the picture, Bernstein patches together old footage of Ephron (doing the talk-show circuit, for instance), readings of her work (via Reese Witherspoon Lena Dunham, etc), and a bounty of fresh interviews, ranging from Meryl Streep (who gave an impassioned eulogy at Ephron's memorial) to Barry Diller (an old classmate of Ephron's from their time at Beverly Hills High School).

"We got Mike Nichols right under the wire," Bernstein says now, referring to Nichols' own death soon after. He's grateful that he did, since the iconic director was not only a long-time hero of his mother, but also the man who did the film adaptation of Ephron's seminal divorce roman-a-clef, *Heartburn*.

Indeed, *Heartburn* factors in big in the movie, for one of the most intriguing moments of the film is when the filmmaker sits on a sofa with his father, Carl Bernstein,



AIRS TONIGHT
Everything Is Copy premieres on HBO, Monday.

to have an all-too-real exchange. Dad, who became famous as one of the reporter boy-wonders during Watergate, and then later somewhat notorious when he was found cheating on mom with the wife of the ex-British Ambassador — in what was Topic A in Washington D.C. at the time — acknowledges to his son that he worried that the divorce that wrought a book and then a movie (starring a young Streep, and Jack Nicholson) would affect what Jacob would think of him. Pausing for a minute, the young Bernstein tells his dad, "And for a while it did."

Grappling with both parents: a subtext that informs much of *Everything Is Copy*. "When you are with your parent all the time, you don't see how they change..." Bernstein trails off, reflecting on how often he was told that Ephron (who famously hid her illness from almost everybody) grew "softer" in latter years.

Asked what she would have made of the film, he wagers. "A part of me thinks she'd be really proud of it...but other times, I think, she'd be saying, 'You know...it's almost good.'"

Nora Ephron's son, Jacob Bernstein. CONTRIBUTED

The west end's favourite

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SUPERHERO CROSSOVER EDITIONS

Batman v Superman's March 25 slamfest is on track to top The Hunger Games as the biggest March opening ever. And while the film isn't expected to trounce reigning record-holding superhero film The Avengers in a pow!-bam!-wham!-style street fight, here's how we see them stacking up against their other superpowered peers **TORSTAR NEWS SERVICE**

Superman vs. Batman

In this corner: Batman, disgruntled protector of grand and murderous Gotham. His opponent: Superman, emblem of Midwestern values and terrible secret identity disguises.

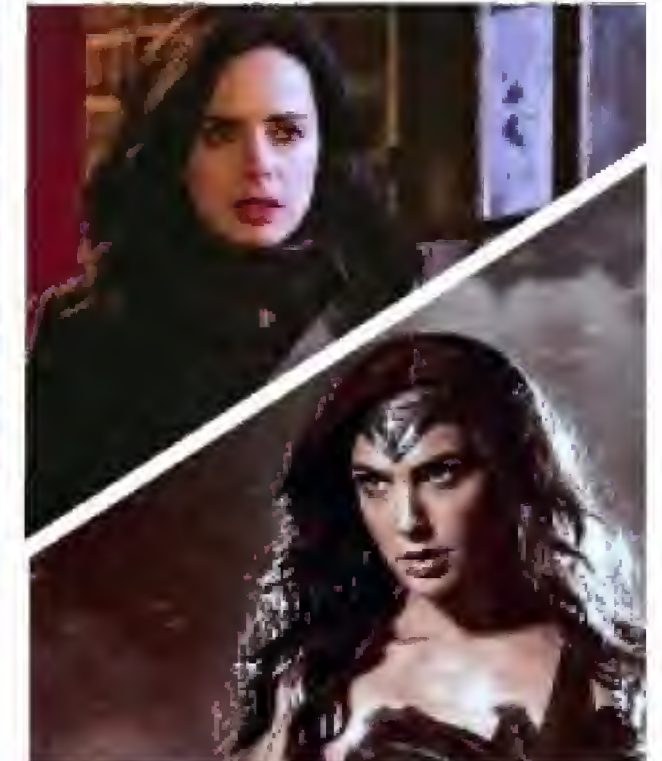


Batman vs. Iron Man

Wealthy entrepreneur playboy against wealthy entrepreneur playboy. Bet on the guy who built a car in his root cellar.

Jessica Jones vs. Wonder Woman

Anti-superhero Jessica Jones could summon her super-strength to beat Wonder Woman ... she just doesn't feel like it.



Deadpool vs. Wolverine

Wolverine and Deadpool both heal in an instant, but Wolverine's claws give him an advantage in the field (and on the mani-cam).



Spider-Man vs. Superman

Spider-Man does whatever a spider can, and what's so great about that? While Spider-Man's slinging webs, Superman can chuck cars at him.

Batman vs. Wonder Woman

You are showing up to battle with a rope, Wonder Woman? This isn't the Clue manor! Batman must have scissors in his utility belt somewhere.



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Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

Turning Bey into big bucks

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a \$322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of \$900 and only paid \$550. We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket. Being a young woman of her word, Annick posted a compelling Kijiji ad.

Here's the thing though, when I clicked on the ad link, staring right back at me was a \$500 price tag for Annick's kick-ass Beyoncé floor seat. (Ed's note: Reselling tickets at more than face value is legal in Alberta, and has been since the province scrapped the Amusements Act in 2009)

Hello Miss Resourceful! Annick will make \$175 off this transaction (after postage). I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she

applied this same principle in other areas of her life...

There are three approaches Annick can take.

1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.

2). Balance. She sells her ticket and applies \$350 to her debt and uses the remaining \$150 to purchase a less expensive ticket.

3). Off-the-hook. I give her a 15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable to her financial goals.

THE LESSON

Have you ever over-promised? Of course you have!

Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving



Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

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BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by \$2,675. Can she meet her target of consumer-debt freedom by July?

Assets	Dec. 2015	Mar. 2016
RRSP	\$350	\$850
Total Assets	\$350	\$850
Liabilities		
Student Loan	\$58,800	\$58,350
VISA	\$1,500	\$1,200
MasterCard	\$650	\$475
Other Loans	\$1,600	\$350
Taxes	\$250	\$250
Total Liabilities	\$62,800	\$60,625
Net Worth	(\$62,450)	(\$59,775)

a raise or foregoing that extra RRSP contribution. It feels rotten to fail.

But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a financial penalty for over-promising.

But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money. Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.

“

If you treat a financial failure as a lesson and don't repeat it, you'll move on to achieve your next financial goal

FINANCES

Introducing your kids to a bank account

A lot of kids have a pretty good understanding of what money can do for them. They may get funds in the forms of a weekly allowance, the tooth fairy, the occasional gift from grandma — and they tend to spend it pretty quickly on toys and candy. What they aren't great at understanding is the power of saving; while they may have piggy banks, they raid them regularly.

That's where a bank account comes in. Teaching your kids to save money at a bank is an important money lesson. It helps them understand that when you use a debit or credit card, you're not taking money out of thin air. And it allows them to put their money far enough out of reach that they can't spend it easily.

The trouble is, a lot of bank accounts aren't user-friendly for people who might only be starting with \$10 or \$20. For one thing, there are bank charges, which can eat into your kids' savings (try explaining a \$1.50 bank charge when your kid only has \$20 in the bank!).

Remember that your own bank might not be the best option. If you're looking for a bank account for your kids, make sure you shop around, and consider the following:



A great way to teach your kids that your debit card isn't 'magic' is to get them their own bank account. ISTOCK

Go for a no-fee option: Kids don't exactly have fat balances — ideally, you want an account with no minimum balance, no monthly fees, and few if any transaction charges. A quick check for kid-friendly bank accounts on Ratesupermarket shows a few low-fee savings accounts for kids.

The HSBC Premier Youth Savings Account has no minimum balance, no monthly fee and unlimited transactions.

The CIBC Premium Growth for Youth, the TD Youth Account, and the Scotiabank Getting There Youth Account only

charge for ATM withdrawals from other banks. Tangerine and PC Financial also have regular savings accounts with no fees, no minimum balance and no monthly fees — they're both worth exploring.

Look at the interest rate: With rates at all time lows, finding a bank account that will teach your kids the magic of compound interest is next to impossible. But some banks offer a bit more — Tangerine and PC Financial both offer a 0.80 per cent interest rate on savings accounts.

HSBC's kid-focused Premier

Youth Savings account offers 0.75 per cent — again, not too bad compared to many others.

Set up an appointment: Take your kid into the branch and show them what goes into opening a savings account. It will help them see how important it is to have an account, and that there are people at the bank who can explain how things work. You'll also avoid waiting in a long lineup (and the inevitable complaints of "I'm bored!").

Show them their statements: Show your kid how to read a bank statement, whether you get it online or on paper. That way, they'll get used to checking their balance — and they might even get excited about adding money every month and watch it grow.

But there aren't any banks with kid-friendly resources and account statements.

This is clearly one area where the banks could do more: while many support financial literacy to different degrees, it's hard finding a bank with kid-focused tools or even in-branch services to help them understand how their savings account works, the power of interest over time, and what saving can do for them.

TORSTAR NEWS SERVICE

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Don't let your debt fight drag you down

PSYCHOLOGY

Stay in control of emotions to keep working towards goal

Gail Vaz-Oxlade
For Metro Canada



How many times have you promised yourself that you're going to get to debt-free forever only to find that after the initial burst of enthusiasm your momentum evaporates?

It's not unusual to feel less motivated once the initial adrenaline rush of making the decision and taking the early steps have had time to get a little old.

There is, after all, a natural rhythm to our emotions — peaks and valleys. When we start something new, there's the thrill of mental and physical activity. We make the plans, draw up the debt repayment plan, create a chart to show how we're doing.

By week 16, we're pretty sick of not having any money to buy coffee, packing our lunch for work, and having to tell our partner, our children, our friends, that we're broke and can't spend any money. While the initial burst of energy is what you need to get you going, the inevitable slump that follows can be enough to stop you in your tracks, if you let it. But if you know it's going to come, and you develop a strategy for dealing with it, you're much more likely to slog through and get back on track to your big goal.

Being prepared for the let-down is key.

Instead of giving into the negativity, step back and take a good look at why you're feeling frustrated, angry or sad. Are you disappointed by your results? Are your feelings even justified? Or are they simply part of the natural emotional rhythm?

When you did your debt repayment plan, you decided how long it was going to take to get out of the hole. If you went with 36 months, you have to be prepared for several slumps along the way. If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation.

But knowing that a slump is going to come means you can

be ready with a tactic for dealing with that slump.

Haul yourself out of the emotional dumper and turn those negative thoughts to positive ones. Remind yourself that you're on a realistic path so it will take time. Count your successes — no matter how small — and give yourself a hug. Remind yourself of what you're trying to accomplish and what your life will be like when you reach your goal.



There are lots of highs and lows when tackling debt repayment. The key is to not let your lows ruin your resolve to stay on track. ISTOCK

Dealing with the emotional lows is part of the process when you're trying to achieve something big. Give into your emotions and you'll kick yourself later. Emotions are thoughts. Thoughts are in your mind. Your mind is yours to control. Change your thoughts and you'll change your emotions.

You're bigger than any barrier your mind can create for you. And you know you're on the right path.

Focus on what you've accomplished, on what you will accomplish, and take another step forward. Momentum will turn back in your favour. At least for a while. Then you can rebuild your strength to deal with the next emotional hurdle. It'll come. But you can get over it. Yes you can.



If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation

Gail Vaz-Oxlade

For more money advice, visit Gail's website at gailvazoxlade.com

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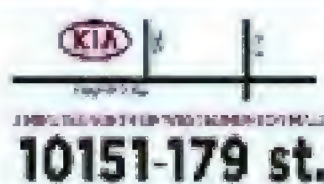
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SLUGLINE

How to get your dream wedding on the cheap

You fell in love and decided to get married. Congratulations! Now comes the fun of planning the wedding, as well as all the potential stress and high costs that can accompany the magical day.

But couples on a budget, take heart — the most romantic day of your life doesn't also have to be the most expensive. Mary Bratko is the founder of the popular wedding blog WeddingGirl.ca, and has planned more than 200 ceremonies, ranging from \$3,000 to \$31 million. Here are some of her top tips on how to plan the wedding of your dreams for cheap.



Prioritizing wedding costs can save you a bundle. ISTOCK

• **Lower the guest count:** The lower the guest count, the lower the cost of your wedding.

"We have this outdated idea that you have to have hundreds

of people at your wedding, but that's not the case anymore at all," Bratko says.

People often don't realize it's not just food and drinks factoring into the per-guest cost, but also the number of place settings, chairs to rent, centrepieces to design and so forth. Cutting down the guest list dramatically slashes all of these expenses.

• **Prioritize, prioritize, prioritize:** Do you want an amazing band or the dress of your dreams? Does the venue matter the most, or is it the cuisine? One of the secrets to making sure you have the wedding of your dreams within

your budget is to prioritize your vendors, Bratko says.

"You have to plan a wedding that you can afford, not a wedding that somebody else can afford," she says.

• **Be time-sensitive:** Trends, ideas, guest counts, designs — and relationships — all change over time, making it best to start planning your wedding when it's less than a year away. Bratko says one of the best ways to be time savvy is to have a short engagement.

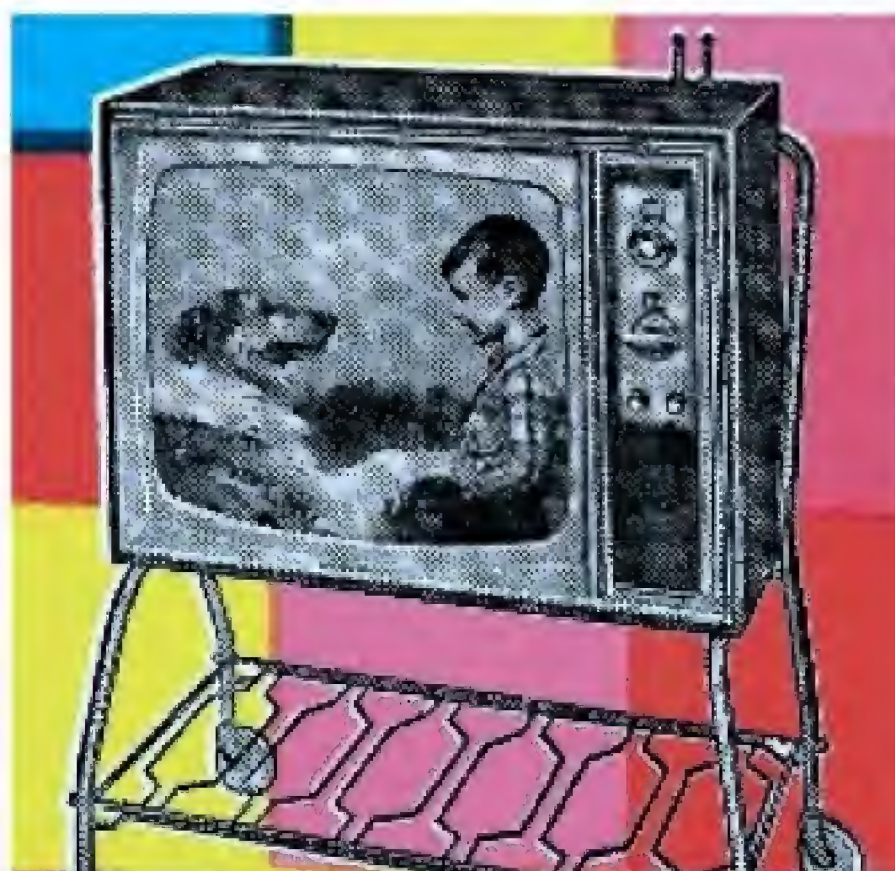
"So many things will change. You're going to change your mind on everything you start

spending money on," she says, noting she's seen couples lose deposits and waste money when they begin planning years in advance.

• **Buy previously loved items:** Bratko says that previously loved décor and dresses are becoming "shockingly popular."

For example, \$5,000 wedding dresses can sell for \$1,200 in consignment shops, saving you tons of money for a dress that's been worn just once, if at all.

And think about selling your wedding items such as centrepieces after the ceremony, Bratko suggests. TORSTAR NEWS SERVICE



Arts groups eye boost with budget

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada



The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards artistic and cultural endeavours.

This includes renewed funding for the CBC, the Canadian Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally funded body that invests and promotes Canadian artists. Last year, it distributed more than \$155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (*The Sisters Brothers*), Guy Vanderhaeghe (*Daddy Lenin and Other Stories*) and Linda Spalding (*The Purchase*).

The Liberals promised to

invest \$150 million in annual funding at the CBC, which saw its budgets slashed by \$115 million under the Conservative government. Brault expects \$75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to \$360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to the tune of \$25 million across both those organizations. The government also promised to restore \$25 million in funding to bodies that facilitate arts and cultural exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director of public policy research and communication at ACTRA, the union body that represents actors. It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "(Former Prime Minister Stephen) Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a



"There's an appetite [at the federal level] to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play."

Simon Brault, director at Canadian Council for the Arts

comprehensive plan, should the increased funding come through in tomorrow's budget.

Beyond creating more grant opportunities for artists, writers and musicians, Brault says the plan is to focus on helping the arts community better adapt and adopt digital platforms — an area he says Canada has fallen behind on, in comparison to our international peers.

Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people, in the arts.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for anyone involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage.

For example, in 2014 the Conservatives denied \$6.5 million request that would have sent Canada to be the guest of honour at the Frankfurt Book Fair, considered to be one of the most important international events on the

literary scene.

Canada has again been asked to be the guest of honour, this time for the 2020 fair, with a funding request of \$4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on the government's rhetoric, she's confident the federal government will accept the invite.

Calling for a focus in the budget will allow for more opportunities attend these types of events, she says, which would help bolster Canada's prominence on the international stage.

While the actual contents of the budget are still unclear, the positive post-Liberal election vibe is already having an impact, Brault says.

"There's an appetite (at the federal level) to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play," he says. "We feel invited — not as beggars, but as contributors."



JOHANNA SCHNELLER
WHAT I'M WATCHING

Happy Valley anything but for working women

THE SHOW: *Happy Valley*, Season 2, Episode 1 (Netflix)
THE MOMENT: The Dog Food

Catherine, a Yorkshire police sergeant (the divine Sarah Lancashire) and her protégé Ann (Charlie Murphy) discuss Ann's first days as a policewoman.

"One flat we went in, dog food was right on the floor," Ann says. "No bowl."

"Yeah, and they're the responsible ones," Catherine replies. "They actually feed their pets." She faces Ann square on. "Ninety-nine-point-nine per cent of the time, that's the sort of people you'll be dealing with. People who live in houses where you have to wipe your feet when you leave. Better get used to it."

This show's creator, Sally Wainwright (who did the equally terrific *Scott & Bailey* and *Last Tango in Halifax*) excels at many things: verisimilitude about cops, authentic settings, characters that grow more interesting over time. But I'm most

grateful that she creates women who are good at their jobs, and puts them in situations where they show it.

As Catherine says above, she routinely deals with the worst the human race throws up. Her own life has its share of crap, too: a dead daughter she's still mourning; an alcoholic sister; a murder investigation in which she's (unfairly) implicated. Yet at work, she's always on it — smart, compassionate, tough, fair.

Later in this episode, Catherine briefly breaks down. "What do I have to do?" she asks her sister. She does everything right, and it's still not enough. After a minute, she answers her own question: She wipes her face and moves on to the next thing. Working women everywhere will relate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Sarah Lancashire as Catherine in *Happy Valley*. CONTRIBUTED

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3	7	8	9	5	6	4	1	2
6	5	3	8	1	2	9	4	7
7	8	1	6	9	4	2	3	5
2	9	4	7	3	5	1	6	8
4	3	5	2	8	9	6	7	1
8	1	2	3	6	7	5	9	4
9	6	7	5	4	1	8	2	3

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Ugly W disappoints Ducks

NHL

Narrow victory at Jets is cause for concern for Anaheim

Jakob Silfverberg and the Anaheim Ducks weren't quick to pat themselves on the back following their 3-2 overtime win over the Winnipeg Jets on Sunday.

Silfverberg scored his 13th with under a minute left to break a deadlock stretching back to the second period. But he and his teammates agreed it was a little unsightly.

"It wasn't the prettiest way (to score), but we got the win anyway," Silfverberg said.

"It was one of those games — it was ugly. It was an ugly hockey game," added captain Ryan Getzlaf. "The puck was bouncing around, not really connecting a whole lot for both teams... we got away with the win."

Jets netminder Michael Hutchinson made the initial glove save on Silfverberg's first attempt but couldn't corral the rebound, allowing Silfverberg to score.

The Ducks picked up their 40th win of the season (40-22-9) and moved within four points of the idle Los Angeles Kings for top spot in the Pacific Division.

Ducks head coach Bruce Boudreau said his team needs to be better over the final stretch of the regular season than they



The Ducks' Jakob Silfverberg scores off of his own rebound in overtime past Jets goaltender Michael Hutchinson and forward Blake Wheeler. TREVOR HAGAN/THE CANADIAN PRESS

were Sunday if they want to catch up.

"We weren't very good," Boudreau said. "We gave up way too many chances. We just weren't doing things that we were capable of and probably Winnipeg had a little bit to do with that. But if we want to be successful in the last 11 games and beyond, we got to play better."

Jamie McGinn and Ryan Kesler scored for the Ducks in

SUNDAY At MTSCentre

3	2
DUCKS	JETS

regulation. John Gibson made 27 saves for his 17th win.

The Jets (29-37-6) dropped their third straight decision.

"You look at their roster and I don't know what's better,

their second line or their third line. They're just so deep," said Paul Postma, who along with Blake Wheeler, scored for the Jets.

"They're physical and they come hard. For us, it's a big test. That's a good team over there and they're always going to be a front-runner in the playoffs. It's a good test for us every time, kind of a benchmark to see where we are in comparison to them."

Hutchinson turned aside 30 shots in a losing effort.

Riddled with injuries and bit by the flu bug, the Jets deployed some of their youngest talent on Sunday.

"We had a lot of guys step up," Mark Scheifele said. "(Chase De Leo) had a great game. A lot of young guys who haven't played a lot of games here played awesome for us and it sucked we couldn't get them the win." THE CANADIAN PRESS

ARNOLD PALMER INVITATIONAL

Great Day for golf at Bay Hill

Jason Day turned his fortunes at just the right time Sunday by making a 12-foot birdie putt and then saving par from just under 100 feet away in a bunker to win the Arnold Palmer Invitational in Orlando.

It was another great moment for Palmer, the 86-year-old tournament host who watched it unfold on the 18th green.

Day closed with a 2-under 70 for a one-shot victory over Kevin Chappell, who looked as if he might finally win in his 150th start on the PGA Tour. Chappell didn't flinch the entire back nine until his tee shot was buried in deep rough on the 18th, forcing him to lay up. He hit wedge to 25 feet and was ready to putt when he heard the big roar when Day made birdie on the 17th to tie for the lead.

"Being honest, kind of had me rattled a little bit," Chappell said. He left his par putt well short and made bogey for a 69.

The closing hole at Bay Hill was just as tough for Day.

With a one-shot lead after Chappell made bogey, Day took water out of play from the right rough and went well left of the green into a bunker, 95 feet away with water on the other side of the green. Day blasted out to 4 feet and made the par for his first victory of the year.

He moves to No. 2 in the world and will have a chance to overtake Jordan Spieth next week in the Dell Match Play.

David Hearn of Brantford, Ont., was the top Canadian, 10 strokes back. THE ASSOCIATED PRESS

NHL

Pens win streak goes to 6 vs. Caps

Rookie Tom Kuhnhackl had a goal and two assists on his way to a career-best three points and the Pittsburgh Penguins denied the Washington Capitals a chance to lock up the Metropolitan Division with a dominant 6-2 win on Sunday night.

Matt Cullen, Trevor Daley, Justin Schultz, Chris Kunitz and Bryan Rust also scored for Pittsburgh. Sidney Crosby picked up two assists to push his scoring streak to 12 games.

THE ASSOCIATED PRESS



Sidney Crosby pushes past the Capitals' Karl Alzner on Sunday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

MARCH MADNESS

Notre Dame nips Austin
Rex Pflueger tapped in a miss with 1.5 seconds left and Notre Dame survived a valiant effort by No. 14 seed Stephen F. Austin 76-75 on Sunday to reach the Sweet 16 of the NCAA Tournament for the second consecutive season.

With 17.5 seconds left, sixth-seed Notre Dame grabbed an SFA rebound down one and put it in the hands of Demetrius Jackson. The point guard drove to the basket and missed. Zach Auguste

followed for the Irish (23-11) but could not convert. The ball slipped off the rim and with one hand Pflueger flipped it in for his only basket of the game.

THE ASSOCIATED PRESS

Villanova routs Iowa
Josh Hart scored 19 points and second-seeded Villanova advanced to the Sweet 16 for the first time since 2009 with an 87-68 rout of seventh-seeded Iowa on Sunday in the South Regional.

THE ASSOCIATED PRESS

NBA

DeRozan sinks 25 as Raptors top Magic

DeMar DeRozan poured in 25 points to lift Toronto to a 105-100 victory over the Orlando Magic on Sunday, the Raptors' seventh consecutive victory at the Air Canada Centre.

Luis Scola added 20 points, while Kyle Lowry added 18 points. Bismack Biyombo grabbed a game-high 11 rebounds to go with 12 points and six blocks, and Terrence Ross chipped in with 13 for Toronto (48-21).

Victor Oladipo led the Magic (29-40) with 21 points. Andrew

Nicholson of Mississauga, Ont. added 15 and nine rebounds.

The Raptors, who began the night a game-and-a-half behind Cleveland for first in the Eastern Conference, were eager to finish out this home-heavy stretch with a victory.

They've had tremendous success at the ACC, going 16-2 at home in the 18 games prior to Sunday. They now hit the road where they'll play all but five of their remaining regular-season games. THE CANADIAN PRESS

RECIPE Grilled Salmon Salad



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in
Prep time: 10 mins
Cook time: 20 mins

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender.

Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

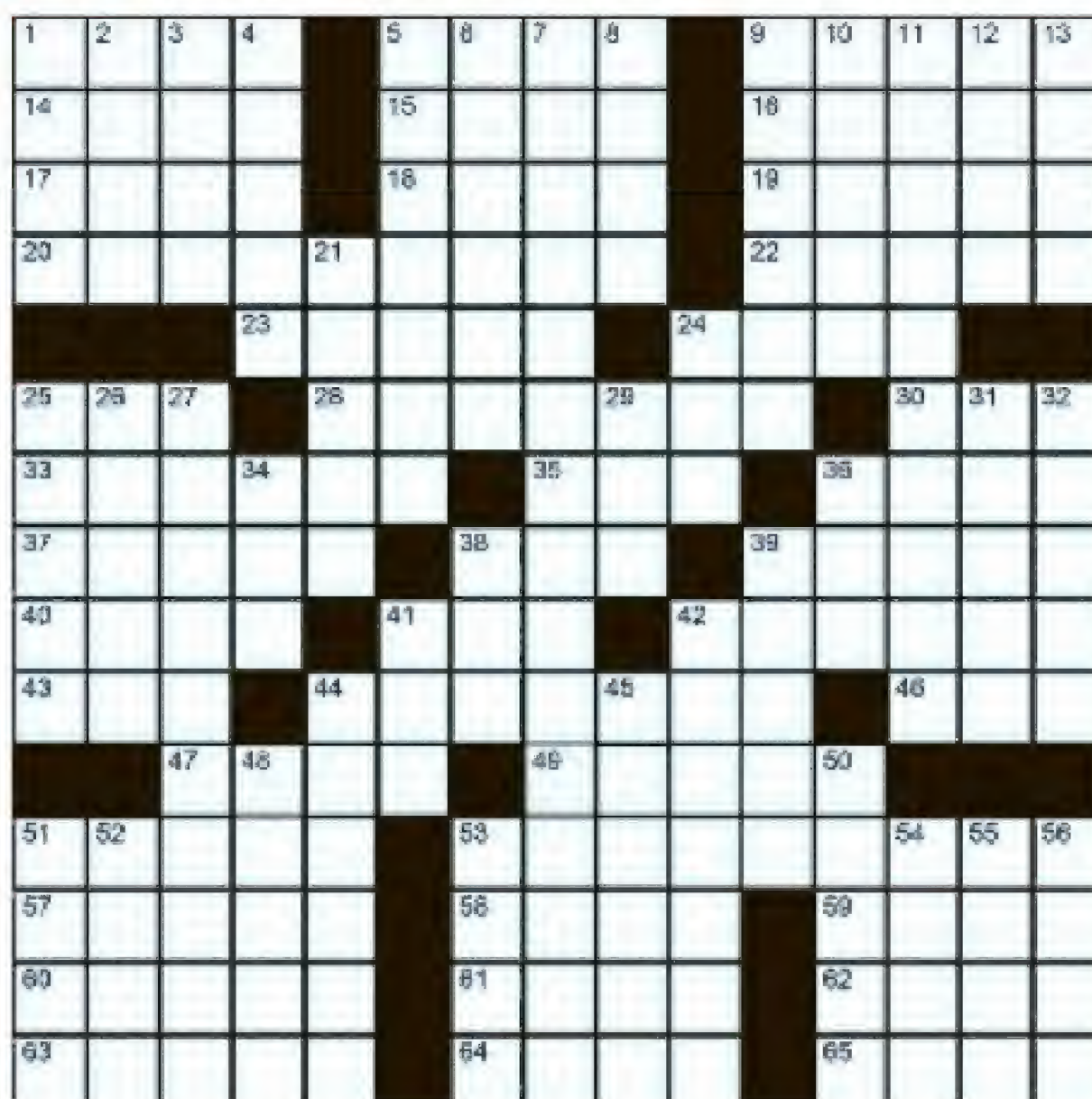
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, _ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop- _
39. Mountain-er's spike
40. Repeat
41. Prez
42. The Moody Blues tune: " _ Dream"
43. Race the motor
44. Some shore-birds
46. Ophthalmology orb
47. Tel _ Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer



57. Mr. Firth
58. Formerly
59. 60 minutes
60. Ancient, ol-de-style
61. Film _ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novel-

- ist Stephenie
64. _ & Sciences
65. Microscope piece

DOWN

1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant _" by John Lennon
5. Circus barkers
6. From times-of-yore

7. Queen Elizabeth, _ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football

- League legend on the current season of "Dancing with the Stars": 2 wds.
12. 'ence' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-sharers
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers: 2 wds.
29. _ Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. However
36. Particular pronoun
38. Prefix with 'classical'
39. Plague: French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoked
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. _ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

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